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|---|--|---|
| U.S. DEPARTMENT OF COMMERCE PATENT AND TRADEMARK OFFICE<br>FORM PTO-1390<br>(REV. 9-2001)   |  | ATTORNEY'S DOCKET NUMBER<br>201-066                                 |
| <b>TRANSMITTAL LETTER TO THE UNITED STATES<br/>DESIGNATED/ELECTED OFFICE (DO/EO/US)<br/>CONCERNING A FILING UNDER 35 U.S.C. 371</b>   |  | U.S. APPLICATION NO. (If known, see 37 CFR 1.5)<br><b>10/n30168</b> |
| INTERNATIONAL APPLICATION NO.<br><br>PCT/JP99/06913   | INTERNATIONAL FILING DATE<br><br>9 December 1999 | PRIORITY DATE CLAIMED<br><br>30 August 1999                         |
| TITLE OF INVENTION<br><br>APPARATUS FOR MANAGING THE QUANTITY OF EXERCISING TO BE HEALTHY   |  |   |
| APPLICANT(S) FOR DO/EO/US<br>YAMAZAKI, Iwao and YAMAZAKI, Kimiyo  |  |   |
| Applicant herewith submits to the United States Designated/Elected Office (DO/EO/US) the following items and other information:   |  |   |
| <ol style="list-style-type: none"> <li><input checked="" type="checkbox"/> This is a <b>FIRST</b> submission of items concerning a filing under 35 U.S.C. 371.</li> <li><input type="checkbox"/> This is a <b>SECOND</b> or <b>SUBSEQUENT</b> submission of items concerning a filing under 35 U.S.C. 371.</li> <li><input checked="" type="checkbox"/> This is an express request to begin national examination procedures (35 U.S.C. 371(f)). The submission must include items (5), (6), (9) and (21) indicated below.</li> <li><input type="checkbox"/> The US has been elected by the expiration of 19 months from the priority date (Article 31).</li> <li><input checked="" type="checkbox"/> A copy of the International Application as filed (35 U.S.C. 371(c)(2))             <ol style="list-style-type: none"> <li><input type="checkbox"/> is attached hereto (required only if not communicated by the International Bureau).</li> <li><input checked="" type="checkbox"/> has been communicated by the International Bureau.</li> <li><input type="checkbox"/> is not required, as the application was filed in the United States Receiving Office (RO/US).</li> </ol> </li> <li><input checked="" type="checkbox"/> An English language translation of the International Application as filed (35 U.S.C. 371(c)(2)).             <ol style="list-style-type: none"> <li><input checked="" type="checkbox"/> is attached hereto.</li> <li><input type="checkbox"/> has been previously submitted under 35 U.S.C. 154(d)(4).</li> </ol> </li> <li><input type="checkbox"/> Amendments to the claims of the International Application under PCT Article 19 (35 U.S.C. 371(c)(3))             <ol style="list-style-type: none"> <li><input type="checkbox"/> are attached hereto (required only if not communicated by the International Bureau).</li> <li><input type="checkbox"/> have been communicated by the International Bureau.</li> <li><input type="checkbox"/> have not been made; however, the time limit for making such amendments has NOT expired.</li> <li><input type="checkbox"/> have not been made and will not be made.</li> </ol> </li> <li><input type="checkbox"/> An English language translation of the amendments to the claims under PCT Article 19 (35 U.S.C. 371(c)(3)).</li> <li><input checked="" type="checkbox"/> An oath or declaration of the inventor(s) (35 U.S.C. 371(c)(4)).</li> <li><input type="checkbox"/> An English lanugage translation of the annexes of the International Preliminary Examination Report under PCT Article 36 (35 U.S.C. 371(c)(5)).</li> </ol> |  |   |
| Items 11 to 20 below concern document(s) or information included:   |  |   |
| <ol style="list-style-type: none"> <li><input type="checkbox"/> An Information Disclosure Statement under 37 CFR 1.97 and 1.98.</li> <li><input checked="" type="checkbox"/> An assignment document for recording. A separate cover sheet in compliance with 37 CFR 3.28 and 3.31 is included.</li> <li><input checked="" type="checkbox"/> A <b>FIRST</b> preliminary amendment.</li> <li><input type="checkbox"/> A <b>SECOND</b> or <b>SUBSEQUENT</b> preliminary amendment.</li> <li><input type="checkbox"/> A substitute specification.</li> <li><input type="checkbox"/> A change of power of attorney and/or address letter.</li> <li><input type="checkbox"/> A computer-readable form of the sequence listing in accordance with PCT Rule 13ter.2 and 35 U.S.C. 1.821 - 1.825.</li> <li><input type="checkbox"/> A second copy of the published international application under 35 U.S.C. 154(d)(4).</li> <li><input type="checkbox"/> A second copy of the English language translation of the international application under 35 U.S.C. 154(d)(4).</li> <li><input checked="" type="checkbox"/> Other items or information:<br/><br/>AMENDMENT (according to Article 11 of The Patent Law)</li> </ol>   |  |   |

| U.S. APPLICATION NO. (If known) See 37 CFR 4.5<br><b>10/030168</b>   | INTERNATIONAL APPLICATION NO<br>PCT/JP99/06913 | ATTORNEY'S DOCKET NUMBER<br>201-066   |              |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
|--|--|---|--------------|--------------|------|--------------|----------|--|-----------|--------------------|---------|--|-----------|--|--|--|------------|----|
| <p>21. <input checked="" type="checkbox"/> The following fees are submitted:</p> <p><b>BASIC NATIONAL FEE (37 CFR 1.492 (a) (1) - (5)):</b></p> <p>Neither international preliminary examination fee (37 CFR 1.482) nor international search fee (37 CFR 1.445(a)(2)) paid to USPTO and International Search Report not prepared by the EPO or JPO..... \$1040.00</p> <p>International preliminary examination fee (37 CFR 1.482) not paid to USPTO but International Search Report prepared by the EPO or JPO ..... \$890.00</p> <p>International preliminary examination fee (37 CFR 1.482) not paid to USPTO but international search fee (37 CFR 1.445(a)(2)) paid to USPTO ..... \$740.00</p> <p>International preliminary examination fee (37 CFR 1.482) paid to USPTO but all claims did not satisfy provisions of PCT Article 33(1)-(4) ..... \$710.00</p> <p>International preliminary examination fee (37 CFR 1.482) paid to USPTO and all claims satisfied provisions of PCT Article 33(1)-(4) ..... \$100.00</p> |  | <b>CALCULATIONS PTO USE ONLY</b>  |              |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
| <b>ENTER APPROPRIATE BASIC FEE AMOUNT =</b>  |  | \$ 890  |              |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
| Surcharge of \$130.00 for furnishing the oath or declaration later than <input type="checkbox"/> 20 <input type="checkbox"/> 30 months from the earliest claimed priority date (37 CFR 1.492(e)).  |  | \$  |              |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
| <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 25%;">CLAIMS</th> <th style="width: 25%;">NUMBER FILED</th> <th style="width: 25%;">NUMBER EXTRA</th> <th style="width: 25%;">RATE</th> </tr> </thead> <tbody> <tr> <td>Total claims</td> <td>4 - 20 =</td> <td></td> <td>x \$18.00</td> </tr> <tr> <td>Independent claims</td> <td>2 - 3 =</td> <td></td> <td>x \$84.00</td> </tr> <tr> <td colspan="2"><b>MULTIPLE DEPENDENT CLAIM(S) (if applicable)</b></td> <td></td> <td>+ \$280.00</td> </tr> </tbody> </table>   |  | CLAIMS  | NUMBER FILED | NUMBER EXTRA | RATE | Total claims | 4 - 20 = |  | x \$18.00 | Independent claims | 2 - 3 = |  | x \$84.00 | <b>MULTIPLE DEPENDENT CLAIM(S) (if applicable)</b> |  |  | + \$280.00 | \$ |
| CLAIMS   | NUMBER FILED                                   | NUMBER EXTRA  | RATE         |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
| Total claims   | 4 - 20 =                                       |   | x \$18.00    |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
| Independent claims   | 2 - 3 =  |   | x \$84.00    |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
| <b>MULTIPLE DEPENDENT CLAIM(S) (if applicable)</b>   |  |   | + \$280.00   |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
| <b>TOTAL OF ABOVE CALCULATIONS =</b>   |  | \$ 890  |              |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
| <input type="checkbox"/> Applicant claims small entity status. See 37 CFR 1.27. The fees indicated above are reduced by 1/2.   |  | + \$  |              |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
| <b>SUBTOTAL =</b>  |  | \$ 890  |              |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
| Processing fee of \$130.00 for furnishing the English translation later than <input type="checkbox"/> 20 <input type="checkbox"/> 30 months from the earliest claimed priority date (37 CFR 1.492(f)).   |  | \$  |              |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
| <b>TOTAL NATIONAL FEE =</b>  |  | \$ 890  |              |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
| Fee for recording the enclosed assignment (37 CFR 1.21(h)). The assignment must be accompanied by an appropriate cover sheet (37 CFR 3.28, 3.31). \$40.00 per property +   |  | \$ 40   |              |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
| <b>TOTAL FEES ENCLOSED =</b>   |  | \$ 930  |              |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
|  |  | Amount to be refunded: \$   |              |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
|  |  | charged: \$   |              |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
| a. <input checked="" type="checkbox"/> A check in the amount of \$ 930.00 to cover the above fees is enclosed. (Check #16692)  |  |   |              |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
| b. <input type="checkbox"/> Please charge my Deposit Account No. _____ in the amount of \$ _____ to cover the above fees. A duplicate copy of this sheet is enclosed.  |  |   |              |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
| c. <input checked="" type="checkbox"/> The Commissioner is hereby authorized to charge any additional fees which may be required, or credit any overpayment to Deposit Account No. 10-1213. A duplicate copy of this sheet is enclosed.  |  |   |              |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
| d. <input type="checkbox"/> Fees are to be charged to a credit card. <b>WARNING: Information on this form may become public. Credit card information should not be included on this form.</b> Provide credit card information and authorization on PTO-2038.   |  |   |              |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
| <b>NOTE: Where an appropriate time limit under 37 CFR 1.494 or 1.495 has not been met, a petition to revive (37 CFR 1.137 (a) or (b)) must be filed and granted to restore the application to pending status.</b>  |  |   |              |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
| SEND ALL CORRESPONDENCE TO:<br>Felix J. D'Ambrosio<br>JONES, TULLAR & COOPER, P.C.<br>P.O. Box 2266 Eads Station<br>Arlington, VA 22202  |  | Date: 31 January 2002   |              |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
|  |  | <br>SIGNATURE |              |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |
|  |  | Felix J. D'Ambrosio<br>NAME<br>25,721<br>REGISTRATION NUMBER                                      |              |              |      |              |          |  |           |                    |         |  |           |  |  |  |            |    |

10/030168

531 Rec'd PCT/PCT 31 JAN 2002

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

In re Application of )  
Iwao Yamazaki et al )  
Appln. No. TBA )  
Filed January 31, 2002 )  
For: APPARATUS FOR MANAGING THE )  
QUANTITY OF EXERCISING TO BE )  
HEALTHY )

**PRELIMINARY AMENDMENT**

Honorable Commissioner of Patents and Trademarks  
Washington, D.C. 20231

Sir:

Prior to an examination on the merits, please amend this application as follows:

**AMENDMENTS**

**IN THE SPECIFICATION:**

Please replace page 1 with the following:

**-SPECIFICATION**

Apparatus for Managing the Quantity of Exercising to Be Healthy

**Technical Field:**

The present invention relates to an apparatus for managing the quantity of exercising to be healthy, using a body fat meter along with a pedometer or an accelerometer for measuring vertical shaky movement.

**Background Art:**

In order that the fatness may be reduced continuously toward the ideal body fat rate (17-24 % for women, and 14-20 % for men) it is necessary that not only weight but also body fat rate be measured almost everyday, thereby realizing the condition of fatness; an adequate quantity of exercise

be determined on the basis of the degree of fatness; and the so determined quantity of exercising to be fat less and less be continued for a long time without an off day.

In general, the energy required to move muscles is produced both from saccharine and fat. Excessively hard exercise consumes saccharine rather than fat, and therefore, such excessively hard exercise has the effect of improving the cardiorespiratory functional capacity (endurance capacity), but little or no effect of reducing fatness.

In order to burn the fat for the purpose of reducing the degree of fatness it is necessary that an appropriate exercise be selected and taken at an appropriate degree of hardness. From this point of view the power-striding is most recommendable.

In order to exercise to be healthy it is difficult to determine how much and long the power-striding should be taken and continued.

What is aimed at by the present invention is that: means for determining the quantity of exercise and a body fat meter are so combined that the condition of fatness may be realized everyday, and the quantity of exercise to be taken each day may be determined on the basis of the degree of fatness, thus permitting one to exercise to be healthy with an increased efficiency.

#### **Summary of the Invention:**

An apparatus for managing the quantity of exercising to be healthy, comprises:  
a portable casing with a display fixed thereon, the casing having exercise quantity measuring means installed therein;  
at least one set of electrodes fixed to the surface of said portable casing for measuring bioelectrical impedance;  
data inputting means for inputting personal data including sex, age, height and weight;--

Please replace place 2 with the following:

--and

body fat rate calculating means for determining the body fat rate on the basis of the personal data and the value of bioelectrical impedance, which bio-electrical impedance appears between two

selected electrodes when a controlled weak current flows between the two selected electrodes through a living body;

whereby the exercise quantity along with the body fat rate are shown in said display.

An apparatus for managing the quantity of exercising to be healthy, further comprises:

basal metastasis estimating means for estimating the basal metastasis on the basis of said personal data and said body fat rate;

exercise quantity estimating means for estimating the total exercise quantity on the basis of data provided from said exercise quantity measuring means;

calorie consumption calculating means for determining the calorie consumption on the basis of the estimated basal metastasis and the total exercise quantity;

caloric intake inputting means for inputting the calorie taken in by drinking and taking food; and

caloric balance calculating-and-displaying means for determining the difference between the caloric intake per day and the calorie consumption and for displaying the balance between the caloric intake and the calorie consumption.

An apparatus for managing the quantity of exercising to be healthy, comprises:

a portable casing with a display fixed thereon, the casing having exercise quantity measuring means installed therein;

at least one set of electrodes fixed to the surface of said portable casing for measuring bioelectrical impedance;

data inputting means for inputting personal data including sex, age, height and weight;

body fat rate calculating means for determining the body fat rate on the basis of the personal data and the value of bioelectrical impedance, which bioelectrical impedance appears between two selected electrodes when a controlled weak current flows between the two selected electrodes through a living body;

body fat rate setting means for setting a desired body fat rate as a target; and

healthful exercising quantity setting means for determining the quantity of exercising each

day toward the desired body fat rate on the basis of the so determined body fat rate and for setting the so determined quantity of exercise per day, whereby the exercise quantity along with the body fat rate and the healthful exercising quantity per day are shown in said display.--

Please replace page 9 with the following:

--movement and/or the number of moving arms. The so determined movements can be calculated in terms of the number of steps, if such measuring unit is used with the pedometer.

An angle sensor may be used to determine the posture of the user (thereby permitting a decision to be made as to whether he is sitting or standing, whether he is moving his arms, or whether he is swinging his arms for exercise or he is writing), thereby modifying the caloric consumption in terms of the so determined posture.

Such a healthful exercise quantity measuring apparatus may be a card-like or wristwatch-like object, which is convenient to carry.

As may be understood from the above, an apparatus for managing the quantity of exercising to be healthy according to the present invention has exercise quantity measuring means installed therein. It has at least one set of electrodes for use in measuring bioelectrical impedance, data inputting means and a display arranged on its portable casing, and it has body fat rate calculating means installed therein, thus permitting the exercise quantity and the body fat rate to be shown in its display.

The user can realize the result attained by the power-striding or any other exercise in terms of the body fat rate, thereby encouraging the user in his attempt to reduce the fatness, and not allowing him to lose his interest in taking healthful exercise until he has reached the goal.

Also, an apparatus for managing the quantity of exercising to be healthy according to the present invention has exercise quantity measuring means installed therein. It has at least one set of electrodes for use in measuring bioelectrical impedance, data inputting means and a display arranged on its portable casing, and it has body fat rate calculating means, target body fat rate setting means and healthful exercise quantity setting means for setting the healthful exercise quantity required to attain the target body fat rate, so that the exercise quantity such as the number of steps, the body fat

rate and the health exercise quantity may be shown in its display.

Not only the exercise quantity is measured and shown, but also the target exercise quantity enough to reduce fatness and become healthy is shown, and therefore, the user can have a confidence in reaching the goal someday.--

**IN THE CLAIMS:**

Please amend claims 1, 2 and 3 as follows:

1. (Amended) An apparatus for managing the quantity of exercising to be healthy characterized in that it comprises:

a portable casing with a display fixed thereon, the casing having exercise quantity measuring means installed therein;

at least one set of electrodes fixed to the surface of said portable casing for measuring bioelectrical impedance;

data inputting means for inputting personal data including sex, age, height and weight; and

body fat rate calculating means for determining the body fat rate on the basis of the personal data and the value of bioelectrical impedance, which bioelectrical impedance appears between two selected electrodes when a controlled weak current flows between the two selected electrodes through a living body, whereby the exercise quantity along with the body fat rate are shown in said display.

2. (Amended) An apparatus for managing the quantity of exercising to be healthy according to claim 1 wherein it further comprises:

basal metastasis estimating means for estimating the basal metastasis on the basis of said personal data and said body fat rate;

exercise quantity estimating means for estimating the total exercise quantity on the basis of data provided by means of said exercise quantity measuring means;

calorie consumption calculating means for determining the calorie consumption on the basis of the estimated basal metastasis and the total exercise quantity;

caloric intake inputting means for inputting the calorie taken in by drinking and taking food; and

caloric balance calculating-and-displaying means for determining the difference between the caloric intake per day and the calorie consumption and for displaying the balance between the caloric intake and the calorie consumption.

3. (Amended) An apparatus for managing the quantity of exercising to be healthy characterized in that it comprises:

a portable casing with a display fixed thereon, the casing having exercise quantity measuring means installed therein;

at least one set of electrodes fixed to the surface of said portable casing for measuring bioelectrical impedance;

data inputting means for inputting personal data including sex, age, height and weight;

body fat rate calculating means for determining the body fat rate on the basis of the personal data and the value of bioelectrical impedance, which bioelectrical impedance appears between two selected electrodes when a controlled weak current flows between the two selected electrodes through a living body;

body fat rate setting means for setting a desired body fat rate as a target; and

healthful exercising quantity setting means for determining the quantity of exercising each day toward the desired body fat rate on the basis of the so determined body fat rate and for setting the so determined quantity of exercise per day, whereby the exercise quantity along with the body fat rate and the healthful exercising quantity per day are shown in said display.

REMARKS

The above amendments to the specification and claims are being submitted to make of record the AMENDMENT (according to Article 11 of the Patent Law) filed herewith.

Respectfully submitted,



Felix J.D. Ambrosio  
Reg. No. 25,721

January 31, 2002

JONES, TULLAR & COOPER, P.C.  
P.O. Box 2266 Eads Station  
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10/030168

531 Recd UMTK 31 JAN 2002

MARKED-UP COPY OF PAGE 1 OF SPECIFICATION

**--SPECIFICATION**

Apparatus for Managing the Quantity of Exercising to Be Healthy

**Technical Field:**

The present invention relates to an apparatus for managing the quantity of exercising to be healthy, using a body fat meter along with a pedometer or an accelerometer for measuring vertical shaky movement.

**Background Art:**

In order that the fatness may be reduced continuously toward the ideal body fat rate (17-24 % for women, and 14-20 % for men) it is necessary that not only weight but also body fat rate be measured almost everyday, thereby realizing the condition of fatness; an adequate quantity of exercise be determined on the basis of the degree of fatness; and the so determined quantity of exercising to be fat less and less be continued for a long time without an off day.

In general, the energy required to move muscles is produced both from saccharine and fat. Excessively hard exercise consumes saccharine rather than fat, and therefore, such excessively hard exercise has the effect of improving the cardiorespiratory functional capacity (endurance capacity), but little or no effect of reducing fatness.

In order to burn the fat for the purpose of reducing the degree of fatness it is necessary that an appropriate exercise be selected and taken at an appropriate degree of hardness. From this point of view the power-striding is most recommendable.

In order to exercise to be healthy it is difficult to determine how much and long the power-striding should be taken and continued.

What is aimed at by the present invention is that: means for determining the quantity of exercise and a body fat meter are so combined that the condition of fatness may be realized everyday,

and the quantity of exercise to be taken each day may be determined on the basis of the degree of fatness, thus permitting one to exercise to be healthy with an increased efficiency.

**[Disclosure] Summary of the Invention:**

An apparatus for managing the quantity of exercising to be healthy [as defined in claim 1], comprises:

a portable casing with a display fixed thereon, the casing having exercise quantity measuring means installed therein;

at least one set of electrodes fixed to the surface of said portable casing for measuring bioelectrical impedance;

data inputting means for inputting personal data including sex, age, height and weight;--

**MARKED-UP COPY OF PAGE 2 OF SPECIFICATION**

--and

body fat rate calculating means for determining the body fat rate on the basis of the personal data and the value of bioelectrical impedance, which bio-electrical impedance appears between two selected electrodes when a controlled weak current flows between the two selected electrodes through a living body,

whereby the exercise quantity along with the body fat rate are shown in said display.

An apparatus for managing the quantity of exercising to be healthy [as defined in claim 2], further comprises:

basal metastasis estimating means for estimating the basal metastasis on the basis of said personal data and said body fat rate;

exercise quantity estimating means for estimating the total exercise quantity on the basis of data provided from said exercise quantity measuring means;

calorie consumption calculating means for determining the calorie consumption on the basis of the estimated basal metastasis and the total exercise quantity;

caloric intake inputting means for inputting the calorie taken in by drinking and taking food;  
and

caloric balance calculating-and-displaying means for determining the difference between the caloric intake per day and the calorie consumption and for displaying the balance between the caloric intake and the calorie consumption.

An apparatus for managing the quantity of exercising to be healthy [as defined in claim 3], comprises:

a portable casing with a display fixed thereon, the casing having exercise quantity measuring means installed therein;

at least one set of electrodes fixed to the surface of said portable casing for measuring bioelectrical impedance;

data inputting means for inputting personal data including sex, age, height and weight; body fat rate calculating means for determining the body fat rate on the basis of the personal data and the value of bioelectrical impedance, which bioelectrical impedance appears between two selected electrodes when a controlled weak current flows between the two selected electrodes through a living body;

body fat rate setting means for setting a desired body fat rate as a target; and healthful exercising quantity setting means for determining the quantity of exercising each day toward the desired body fat rate on the basis of the so determined body fat rate and for setting the so determined quantity of exercise per day, whereby the exercise quantity along with the body fat rate and the healthful exercising quantity per day are shown in said display.--

**MARKED-UP COPY OF PAGE 9 OF SPECIFICATION**

--movement and/or the number of moving arms. The so determined movements can be calculated in terms of the number of steps, if such measuring unit is used with the pedometer.

An angle sensor may be used to determine the posture of the user (thereby permitting a decision to be made as to whether he is sitting or standing, whether he is moving his arms, or whether he is swinging his arms for exercise or he is writing), thereby modifying the caloric consumption in terms of the so determined posture.

Such a healthful exercise quantity measuring apparatus may be a card-like or wristwatch-like object, which is convenient to carry.

**[Industrial Utility:]**

As may be understood from the above, an apparatus for managing the quantity of exercising to be healthy according to the present invention has exercise quantity measuring means installed therein. It has at least one set of electrodes for use in measuring bioelectrical impedance, data inputting means and a display arranged on its portable casing, and it has body fat rate calculating means installed therein, thus permitting the exercise quantity and the body fat rate to be shown in its display.

The user can realize the result attained by the power-striding or any other exercise in terms of the body fat rate, thereby encouraging the user in his attempt to reduce the fatness, and not allowing him to lose his interest in taking healthful exercise until he has reached the goal.

Also, an apparatus for managing the quantity of exercising to be healthy according to the present invention has exercise quantity measuring means installed therein. It has at least one set of electrodes for use in measuring bioelectrical impedance, data inputting means and a display arranged on its portable casing, and it has body fat rate calculating means, target body fat rate setting means and healthful exercise quantity setting means for setting the healthful exercise quantity required to attain the target body fat rate, so that the exercise quantity such as the number of steps, the body fat

rate and the health exercise quantity may be shown in its display.

Not only the exercise quantity is measured and shown, but also the target exercise quantity enough to reduce fatness and become healthy is shown, and therefore, the user can have a confidence in reaching the goal someday.--

**MARKED-UP COPY OF AMENDED CLAIMS**

1. (Amended) An apparatus for managing the quantity of exercising to be healthy characterized in that it comprises:

a portable casing with a display fixed thereon, the casing having exercise quantity measuring means installed therein;

at least one set of electrodes fixed to the surface of said portable casing for measuring bioelectrical impedance;

data inputting means for inputting personal data including sex, age, height and weight; and

body fat rate calculating means for determining the body fat rate on the basis of the personal data and the value of bioelectrical impedance, which bioelectrical impedance appears between two selected electrodes when a controlled weak current flows between the two selected electrodes through a living body, whereby the exercise quantity along with the body fat rate are shown in said display.

2. (Amended) An apparatus for managing the quantity of exercising to be healthy according to claim 1 wherein it further comprises:

basal metastasis estimating means for estimating the basal metastasis on the basis of said personal data and said body fat rate;

exercise quantity estimating means for estimating the total exercise quantity on the basis of data provided by means of said exercise quantity measuring means;

calorie consumption calculating means for determining the calorie consumption on the basis of the estimated basal metastasis and the total exercise quantity;

caloric intake inputting means for inputting the calorie taken in by drinking and taking food; and

caloric balance calculating-and-displaying means for determining the difference between the caloric intake per day and the calorie consumption and for displaying the balance

between the caloric intake and the calorie consumption.

3. (Amended) An apparatus for managing the quantity of exercising to be healthy characterized in that it comprises:

a portable casing with a display fixed thereon, the casing having exercise quantity measuring means installed therein;

at least one set of electrodes fixed to the surface of said portable casing for measuring bioelectrical impedance;

data inputting means for inputting personal data including sex, age, height and weight;

body fat rate calculating means for determining the body fat rate on the basis of the personal data and the value of bioelectrical impedance, which bioelectrical impedance appears between two selected electrodes when a controlled weak current flows between the two selected electrodes through a living body;

body fat rate setting means for setting a desired body fat rate as a target; and

healthful exercising quantity setting means for determining the quantity of exercising each day toward the desired body fat rate on the basis of the so determined body fat rate and for setting the so determined quantity of exercise per day, whereby the exercise quantity along with the body fat rate and the healthful exercising quantity per day are shown in said display.

**SPECIFICATION**

## Apparatus for Managing the Quantity of Exercising to Be Healthy

**Technical Field:**

5 The present invention relates to an apparatus for managing the quantity of exercising to be healthy, using a body fat meter along with a pedometer or an accelerometer for measuring vertical shaky movement.

**Background Art:**

10 In order that the fatness may be reduced continuously toward the ideal body fat rate (17-24 % for women, and 14-20 % for men) it is necessary that not only weight but also body fat rate be measured almost everyday, thereby realizing the condition of fatness; an adequate quantity of exercise be determined on the basis of the degree of fatness; and the so determined quantity of exercising to be fat less and less be continued for a long time without an off day.

15 In general, the energy required to move muscles is produced both from saccharine and fat. Excessively hard exercise consumes saccharine rather than fat, and therefore, such excessively hard exercise has the effect of improving the cardiorespiratory functional capacity (endurance capacity), but little or no effect of reducing fatness.

20 In order to burn the fat for the purpose of reducing the degree of fatness it is necessary that an appropriate exercise be selected and taken at an appropriate degree of hardness. From this point of view the power-striding is most recommendable.

In order to exercise to be healthy it is difficult to determine how much and long the power-striding should be taken and continued.

25 What is aimed at by the present invention is that: means for determining the quantity of exercise and a body fat meter are so combined that the condition of fatness may be realized everyday, and the quantity of exercise to be taken each day may be determined on the basis of the degree of fatness, thus permitting one to exercise to be healthy with an increased efficiency.

**Disclosure of the Invention:**

30 An apparatus for managing the quantity of exercising to be healthy as defined in claim 1 comprises:

a portable casing with a display fixed thereon, the casing having exercise quantity measuring means installed therein;

35 at least one set of electrodes fixed to the surface of said portable casing for measuring bioelectrical impedance;

data inputting means for inputting personal data including sex, age, height and weight;

and

body fat rate calculating means for determining the body fat rate on the basis of the personal data and the value of bioelectrical impedance, which bio-electrical impedance appears between two selected electrodes when a controlled weak current flows between the two selected electrodes through a living body;

5 whereby the exercise quantity along with the body fat rate are shown in said display.

An apparatus for managing the quantity of exercising to be healthy as defined in claim 2 further comprises

10 basal metastasis estimating means for estimating the basal metastasis on the basis of said personal data and said body fat rate;

exercise quantity estimating means for estimating the total exercise quantity on the basis of data provided from said exercise quantity measuring means;

calorie consumption calculating means for determining the calorie consumption on the basis of the estimated basal metastasis and the total exercise quantity;

15 caloric intake inputting means for inputting the calorie taken in by drinking and taking food; and

caloric balance calculating-and-displaying means for determining the difference between the caloric intake per day and the calorie consumption and for displaying the balance between the caloric intake and the calorie consumption.

20 An apparatus for managing the quantity of exercising to be healthy as defined in claim 3 comprises:

a portable casing with a display fixed thereon, the casing having exercise quantity measuring means installed therein;

25 at least one set of electrodes fixed to the surface of said portable casing for measuring bioelectrical impedance;

data inputting means for inputting personal data including sex, age, height and weight;

body fat rate calculating means for determining the body fat rate on the basis of the personal data and the value of bioelectrical impedance, which bioelectrical impedance appears between two selected electrodes when a controlled weak current flows between the two selected electrodes through a living body;

body fat rate setting means for setting a desired body fat rate as a target; and

30 healthful exercising quantity setting means for determining the quantity of exercising each day toward the desired body fat rate on the basis of the so determined body fat rate and for setting the so determined quantity of exercise per day,

35 whereby the exercise quantity along with the body fat rate and the healthful exercising quantity per day are shown in said display.

An apparatus for managing the quantity of exercising to be healthy as defined in claim 4, in addition to all the means of claim 3, further comprises healthful exercising quantity renewing means for renewing the healthful exercising quantity per day in consideration of the exercising quantity determined the day before, the required renewal being made every day.

5

#### **Brief Description of Drawings:**

Fig.1 is a perspective view of an apparatus for managing the quantity of exercising to be healthy according to one embodiment of the present invention;

Fig.2 is a block diagram showing the functions of the exercise managing apparatus according to the present invention;

Fig.3 is a block diagram of a bioelectrical impedance meter installed in the exercise managing apparatus according to the present invention; and

Fig.4 is a block diagram showing the functions of the exercise managing apparatus according to another embodiment of the present invention.

15

### **Best Mode of Reducing the Invention to Practice:**

An apparatus for managing the quantity of exercising to be healthy according to one embodiment of the present invention is described below by referring to accompanying drawings. Fig.1 illustrates the whole appearance of the exercise managing apparatus 1. As shown, the compact-like casing C has two feeding electrodes E1 and E1 and detecting electrodes E2 and E2 electrically insulated from and fixed to the front and rear sides of the lid of the compact-like casing C, thus forming a four-terminal electrode.

Alternately all the electrodes may be arranged on the front or rear side of the lid.

The lid can be opened or closed to be laid on the casing body T, which is to be fixed to the waist. The lid has an LCD "D", a measurement button k1, a digit ascending button K2, a digit-descending button K3 and a switching button K4 are arranged on the rear side of the lid.

When the measurement button K1 is depressed, the exercising quantity meter or the body fat meter starts a required measurement.

Every time the digit-ascending button K2 has been depressed, the digit ascends one to  
30 be inputted.

Likewise, every time the digit-descending button K3 has been depressed, the digit descends one to be inputted.

The switching button K4 is depressed to switch from the exercising quantity measurement to the body fat measurement or inversely, or from the data inputting menu to the target setting menu or inversely.

Personal data of sex, age, height and weight can be inputted by correcting their default

values.

Fig.2 shows a block diagram of functions in the exercise managing apparatus.

It includes a bioelectrical impedance meter 110 which can determine the value of bioelectrical impedance appearing between the detecting electrodes E2 and E2, which are applied to a selected part of the living body; data inputting means 120 for inputting the personal data of sex, age, height and weight by using the digit ascending button K2, the digit-descending button K3 and the switching button K4; body fat rate calculator means 130 which can determine the body fat rate on the basis of the personal data and the value of bioelectrical impedance; target body fat rate setting means 140 for setting a desired body fat rate for a target; target caloric consumption calculator means 150 which can determine the calorie consumption required to reach the target body fat rate; management period setting means 160 for determining and setting a length of period long enough to reach the target body fat rate; calorie consumption per day calculating means 170 which can determine the caloric quantity to be consumed each day for the management period; basal metastasis estimating means which can estimate the basal metastasis on the basis both of the personal data and body fat rate; “calorie consumption per minute by walking” calculator means 180 which can determine, in consideration of the individual basal metastasis, the caloric quantity consumed per minute by power-striding or any other exercise taken; healthful exercise quantity per day calculator means 190 which can determine the exercise quantity required to consume the caloric quantity each day to be healthy; exercise quantity measuring means 200; calorie consumption per day calculator means 210 which can determine the caloric quantity consumed per day from the so determined exercise quantity; and healthful exercise quantity per day correcting means 220 responsive to any difference between the previous day’s calorie consumption and the target calorie consumption per day for calculating the calorie consumption difference in terms of exercise quantity and for correcting the exercise quantity per day on the basis of the so calculated exercise quantity, the corrected exercise quantity being to be fulfilled on the present day.

Referring to Fig.3, a bioelectrical impedance measuring circuit 2 comprises: a frequency generator 21 for generating sinusoidal voltage of 50 kHz; a drive circuit 22 connected to the frequency generator 21; a switch 23A for applying the sinusoidal voltage between the opposite feeding electrodes E1 and E1, and hence between both hands, the thumbs and fore-fingers of which are used to pinch the feeding and detecting electrodes E1 and E2 of the lid of the casing C; an operation amplifier 24 to which the voltage appearing between the opposite detecting electrodes E2 and E2 is applied via the switch 23A; a rectification circuit 25 for converting the voltage appearing between the opposite detecting electrodes E2 and E2 to DC voltage; an amplifier 26 for reshaping, level-controlling and off-setting the so converted DC voltage; an analogue-to-digital converter 27; an I/O interface 6, a CPU 4 with an associated

memory unit 5 and a switch actuator 28 connected to the interface I/O 6.

To reduce any error in measurement caused by the characteristic variation of parts with time and temperature the bioelectrical impedance measuring circuit is calibrated in terms of its outputting characteristics on the detection side. Specifically, a regression linear equation 5 representing the detected voltage-and-bioelectrical impedance relationship is given by  $Z = k V + C_0$ . The proportional constant  $k$  and the fixed constant  $C_0$  can be determined by applying to the known resistors  $R_1$  and  $R_2$  the same ac voltage as used in measuring the value of bioelectrical impedance  $Z$  and by measuring the voltages  $V$  appearing across the resistors  $R_1$  and  $R_2$ .

10 The switch actuator 28 responds to the control signal sent from the CPU 4 via the I/O 6, so that the contact arm 23A may be thrown on the side on which the resistor  $R_1$  (or  $R_2$ ) is connected to the frequency generator 21. Then, the switch actuator 28 responds to the control signal from the CPU 4, so that the contact arm 23B may be thrown on the side on which the resistor  $R_1$  (or  $R_2$ ) is connected to the detecting section of the bioelectrical impedance 15 measuring circuit 2.

The target body fat rate setting means 140 permits the user to select a desired body fat rate from the ideal body fat rate menu (ideal fat rate for women ranging from 17 to 24 %, and for men ranging from 14 to 20 %) and put the so selected body fat rate for the target value.

20 If no target value should be selected, an appropriate value for men or women is determined automatically in consideration of the measured body fat rate, and the so determined value is set for the target.

25 The target calorie consumption calculator means 150 determines the body fat quantity to be reduced on the basis of the difference between the target body fat rate and the measured body fat rate, and then the target calorie consumption calculator means 150 calculates the target calorie consumption required to consume the so determined body fat quantity at the calorie-to-fat exchange rate of 7000 kcal to 1 kg:

$$\text{target calorie consumption (kcal)} = (\text{measured body fat rate} - \text{target body fat rate}) \times \text{weight (kg)} \times 7000 \text{ (kcal/kg)/100}$$

30 The management period setting means 160 permits the user to select three months, six months or one year from the management period menu.

If no management period should be selected, an appropriate length of period is automatically selected in consideration of the difference between the measured body fat rate and the target body fat rate.

The so selected length of period is converted to the number of days.

35 The calorie consumption per day calculating means 170 calculates the caloric quantity to be consumed each day for the management period:

the healthful caloric quantity to be consumed each day (kcal/day) = the target calorie consumption (kcal)/ the number of days in the management period

The exercise calorie consumption per minute calculator means 180 calculates, in consideration of the individual basal metastasis, the caloric quantity consumed per minute by power-striding or any other exercise taken:

the caloric quantity consumed per minute (kcal/min.) = (the energy-to- metastasis rate × the individual basal metastasis + the rest metastasis) (kcal)/1440 (min.)

The energy-to-metastasis rate can be determined by actual measurements, as for example, follows: it is 3.0 for ordinary walk, 2.0 for moderate walk, 4.7 to 5.5 for brisk walk and 7.0 for jogging. Here, the energy-to-metastasis rate is assumed to be 3.0 for ordinary walk.

The individual basal metastasis can be calculated as follows:

$$\text{the basal metastasis} = C_0 \times \text{weight} \times (100 - \text{body fat rate})/100+C_1$$

where  $C_0$  is equal to:

24.0349 for women at the age of 40 or less;

21.951 for women at the age of 40 or more;

27.717 for men at the age of 40 or less; and

25.333 for men at the age of 40 or more; and

$C_1$  is equal to:

427.64 for women at the age of 40 or less;

424.38 for women at the age of 40 or more;

2188.21 for men at the age of 40 or less; and

243.28 for men at the age of 40 or more

The rest metastasis is 1.2 times the basal metastasis.

The exercise quantity per day calculator means 190 determines the exercise time per day required to consume the healthful calorie consumption each day, and then it calculates the healthful exercise quantity such as the number of steps in power-striding from the so determined exercise time per day:

the exercise time per day required to consume the healthful calorie consumption each day (min./day) = the healthful calorie consumption per day (kcal/day)/ the exercise-consumable caloric per min. (kcal/min.)

It should be noted that the minimum length of time taken before the body fat starts burning is 12 minutes long, and that this minimum length of time or longer be added to the required exercise time per day:

the healthful exercise quantity per day (steps/day) = the required exercise time per day (min./day) × the exercise quantity per minute (steps/min.)

The exercise quantity per minute can be determined by actual measurements, as for example, follows: it is 80 to 100 for ordinary walk, 50 to 80 for moderate walk, 100 to 150 for brisk walk and 150 to 300 for jogging.

5 Here, it is assumed that the exercise quantity per minute be 80 to 100 for ordinary walk.

The exercise quantity measuring means 200 is a pedometer whose pendulum has a magnetic attached thereto, thereby permitting an associated lead switch to turn on and off while walking. Thus, the steps can be counted in terms of the swinging times of the pendulum.

10 The pedometer is equipped with an accelerometer, which is responsive to shaky movements for distinguishing ordinary walk, moderate walk, brisk walk and jogging from each other, thus permitting the counting of steps in terms of different walking styles.

15 One example of the accelerometer uses a strain gauge for detecting the displacement of the weight supported by a spring. It may have a piezoelectric element in place of the spring, which piezoelectric element can measure the acceleration in terms of the electricity, which appears across the element in proportion to the displacement of the weight.

Another example of the accelerometer uses a coil-and-weight in the magnetic field for inducing electromotive force in the coil moving in the magnetic field, thereby measuring acceleration in terms of the induced electromotive force.

20 The calorie consumption per day calculator means 210 determines the calorie consumption per day by: counting the number of steps for each of the different styles of walking to determine the length of time involved therefor; multiplying the so determined length of time by the calorie consumption per minute; and totaling all the products.

25 the length of time per day involved for each of the different styles of walking (min./day) = the number of steps for each style of walking (steps/day)/the number of steps per minute for each style of walking

As described above, the number of steps per minute for each style of walking is 80 to 100 for ordinary walk, 50 to 80 for moderate walk, 100 to 150 for brisk walk and 150 to 300 for jogging.

30 the calorie consumption per day (kcal/day) =  $\Sigma$  [the length of time per day involved for each style of walking (min./day)  $\times$  walking calorie per minute for each style of walking (kcal/min.) ]

The walking calorie per minute for each style of walking can be obtained from the above equation, which is given by:

35 The calorie quantity consumed per minute (kcal/min.) = (the energy-to- metastasis rate  $\times$  the individual basal metastasis + the metastasis at the rest) (kcal)/1440 (min.)

As described earlier, the energy-to-metastasis rate is 3.0 for ordinary walk, 2.0 for

moderate walk, 4.7 to 5.5 for brisk walk and 7.0 for jogging.

In a case where the previous day's calorie consumption is above the target calorie consumption per day, the healthful exercise quantity per day correcting means 220 calculates the extra quantity of calorie consumption in terms of exercise quantity such as the number of steps 5 to subtract from the present day's healthful exercise quantity per day.

With the above described structure the user can measure the body fat by using the switch button K4, the digit ascending button K2 and the digit descending button K3, thereby inputting the personal data pertaining to sex, age, height and weight.

If these data remain as they were before, the inputting operation can be omitted.

10 Next, the electrodes E1 and E2 on the casing C are pinched between selected fingers of both feet, and then the measurement button K1 is depressed to start a required measurement.

After a while the body fat rate is given in the display "D".

In setting a desired body fat rate for the target the switch button K4 is pushed to select the target value among those in the menu while comparing with the measured body fat rate.

15 If such selection should be omitted, a standard body fat rate is set for the target value.

In measuring the exercise quantity the switch button K4 is pushed to switch to the exercise quantity measuring mode, and then, the measurement button K1 is pushed to start a required measurement.

20 The actual exercise quantity is shown along with the target value of the healthful exercise quantity per day and the balance to the target value in the display "D".

Every time the body fat rate has been measured, or every time the target value of the body fat rate has been renewed, an initial value is set for the healthful exercise quantity per day.

The target value to be fulfilled next day is renewed by adding the remaining quantity or subtracting the extra quantity of exercise produced in the actual exercise quantity of the day.

25 Referring to Fig.4, in addition to the bioelectrical impedance measuring means 110, the data inputting means 120, the body fat rate calculating means 130 and the calorie consumption calculator means 210 the exercise managing apparatus may further comprise: basal metastasis estimating means 230 for estimating the basal metastasis on the basis of the personal data and the body fat rate; exercise quantity estimating means 240 for estimating the total 30 exercise quantity from data provided by the exercise quantity measuring means; caloric intake inputting means 250 for inputting the calorie taken in by drinking and taking food; and caloric balance calculating-and-displaying means 260 for determining the difference between the caloric intake per day and the caloric consumption and for showing the balance between the calorie consumption and the caloric intake.

35 The exercise quantity measuring means 200 is described as a pedometer, but it may be a measuring unit using the accelerometer to determine the standing up-and-sitting down

movement and/or the number of moving arms. The so determined movements can be calculated in terms of the number of steps, if such measuring unit is used with the pedometer.

An angle sensor may be used to determine the posture of the user (thereby permitting a decision to be made as to whether he is sitting or standing, whether he is moving his arms, 5 or whether he is swinging his arms for exercise or he is writing), thereby modifying the caloric consumption in terms of the so determined posture.

Such a healthful exercise quantity measuring apparatus may be a card-like or wristwatch-like object, which is convenient to carry.

10 **Industrial Utility:**

As may be understood from the above, an apparatus for managing the quantity of exercising to be healthy according to the present invention has exercise quantity measuring means installed therein. It has at least one set of electrodes for use in measuring bioelectrical impedance, data inputting means and a display arranged on its portable casing, and it has body fat rate calculating means installed therein, thus permitting the exercise quantity and the body fat rate to be shown in its display.

The user can realize the result attained by the power-striding or any other exercise in terms of the body fat rate, thereby encouraging the user in his attempt to reduce the fatness, and not allowing him to lose his interest in taking healthful exercise until he has reached the goal.

20 Also, an apparatus for managing the quantity of exercising to be healthy according to the present invention has exercise quantity measuring means installed therein. It has at least one set of electrodes for use in measuring bioelectrical impedance, data inputting means and a display arranged on its portable casing, and it has body fat rate calculating means, target body fat rate setting means and healthful exercise quantity setting means for setting the healthful 25 exercise quantity required to attain the target body fat rate, so that the exercise quantity such as the number of steps, the body fat rate and the health exercise quantity may be shown in its display.

Not only the exercise quantity is measured and shown, but also the target exercise quantity enough to reduce fatness and become healthy is shown, and therefore, the user can 30 have a confidence in reaching the goal someday.

### Claims

1. An apparatus for managing the quantity of exercising to be healthy characterized in that it comprises:

5 a portable casing with a display fixed thereon, the casing having exercise quantity measuring means installed therein;

**at least** one set of electrodes fixed to the surface of said portable casing for measuring bioelectrical impedance;

10 data inputting means for inputting personal data including sex, age, height and weight; and

body fat rate calculating means for determining the body fat rate on the basis of the personal data and the value of bioelectrical impedance, which bioelectrical impedance appears between two selected electrodes when a controlled weak current flows between the two selected electrodes through a living body, whereby the exercise quantity along with the body fat rate are shown in said display.

- 15 2. An apparatus for managing the quantity of exercising to be healthy according to claim 1 wherein it further comprises:

basal metastasis estimating means for estimating the basal metastasis on the basis of said personal data and said body fat rate;

20 exercise quantity estimating means for estimating the **total** exercise quantity **on the basis of data provided** from said exercise quantity measuring means;

calorie consumption calculating means for determining the calorie consumption on the basis of the estimated basal metastasis and the total exercise quantity;

caloric intake inputting means for inputting the calorie taken in by drinking and taking food; and

25 caloric balance calculating-and-displaying means for determining the difference between the caloric intake per day and the calorie consumption and for displaying the balance between the caloric intake and the calorie consumption.

3. An apparatus for managing the quantity of exercising to be healthy characterized in that it comprises:

30 a portable casing with a display fixed thereon, the casing having exercise quantity measuring means installed therein;

**at least** one set of electrodes fixed to the surface of said portable casing for measuring bioelectrical impedance;

35 data inputting means for inputting personal data including sex, age, height and weight;

body fat rate calculating means for determining the body fat rate on the basis of

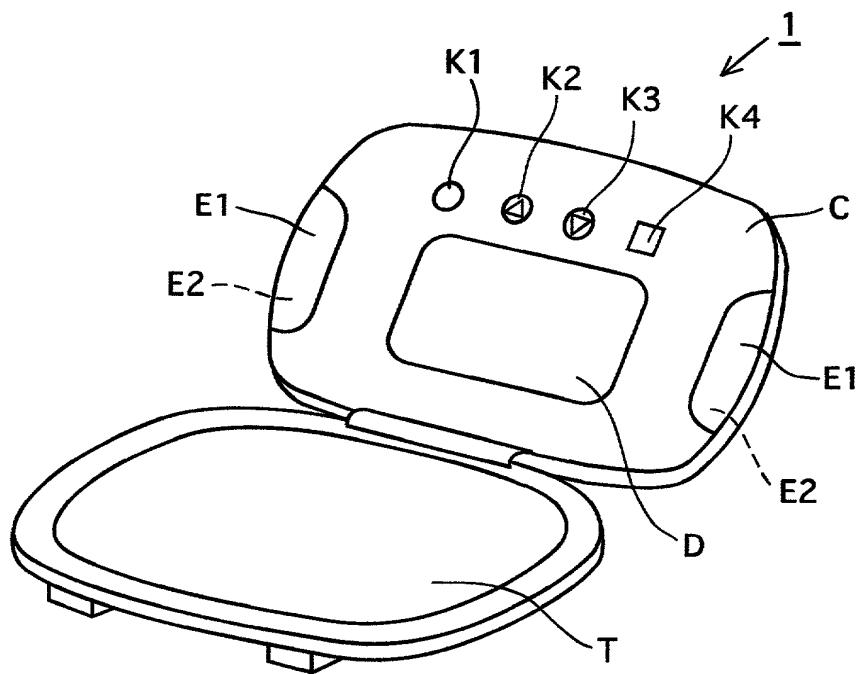
the personal data and the value of bioelectrical impedance, which bioelectrical impedance appears between two selected electrodes when a controlled weak current flows between the two selected electrodes through a living body;

- body fat rate setting means for setting a desired body fat rate as a target; and
- 5        healthful exercising quantity setting means for determining the quantity of exercising each day toward the desired body fat rate on the basis of the so determined body fat rate and for setting the so determined quantity of exercise per day, whereby the exercise quantity along with the body fat rate and the healthful exercising quantity per day are shown in said display.
- 10      4. An apparatus for managing the quantity of exercising to be healthy according to claim 3 wherein it further comprises healthful exercising quantity renewing means for renewing the healthful exercising quantity per day in consideration of the exercising quantity determined the day before, the required renewal being made every day.

10/030168

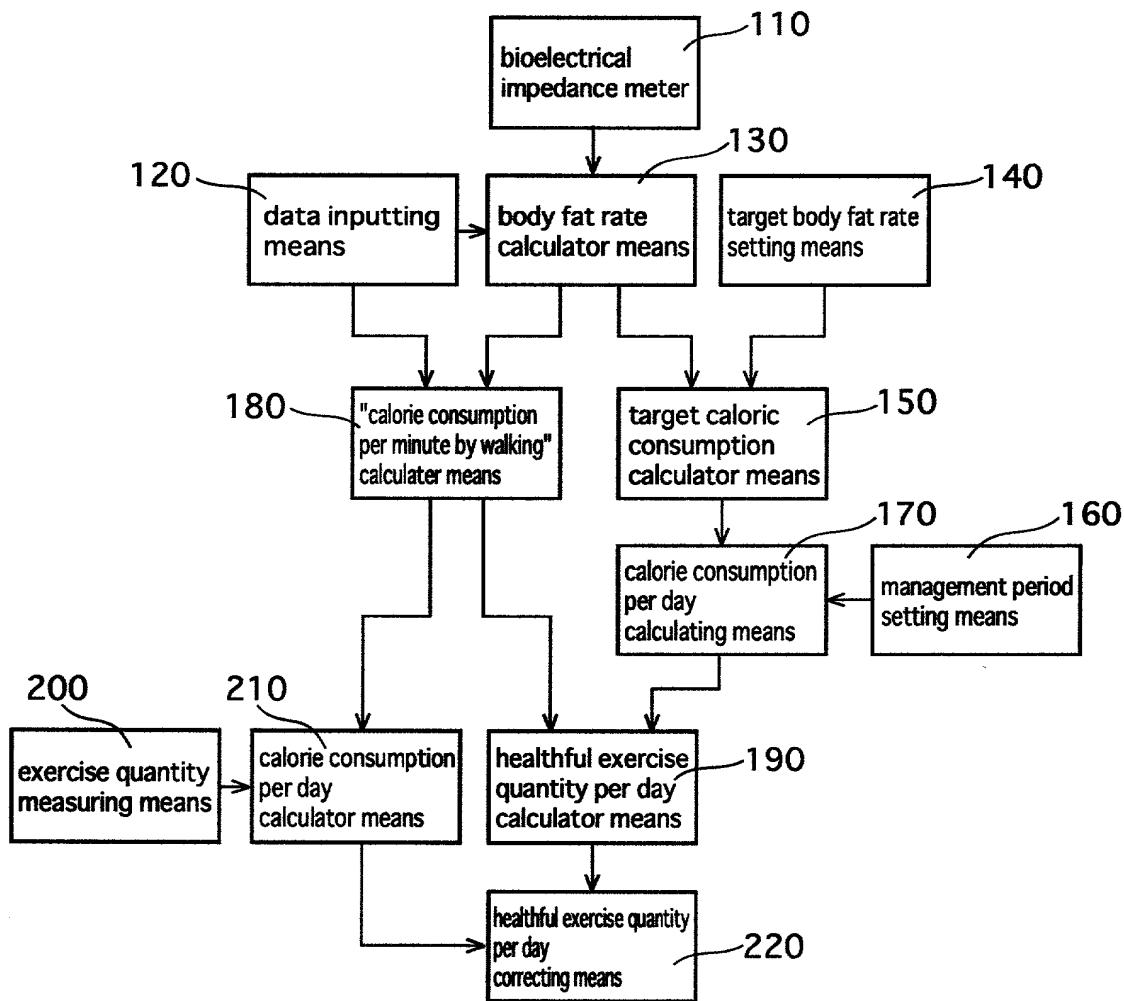
1/4

Fig 1



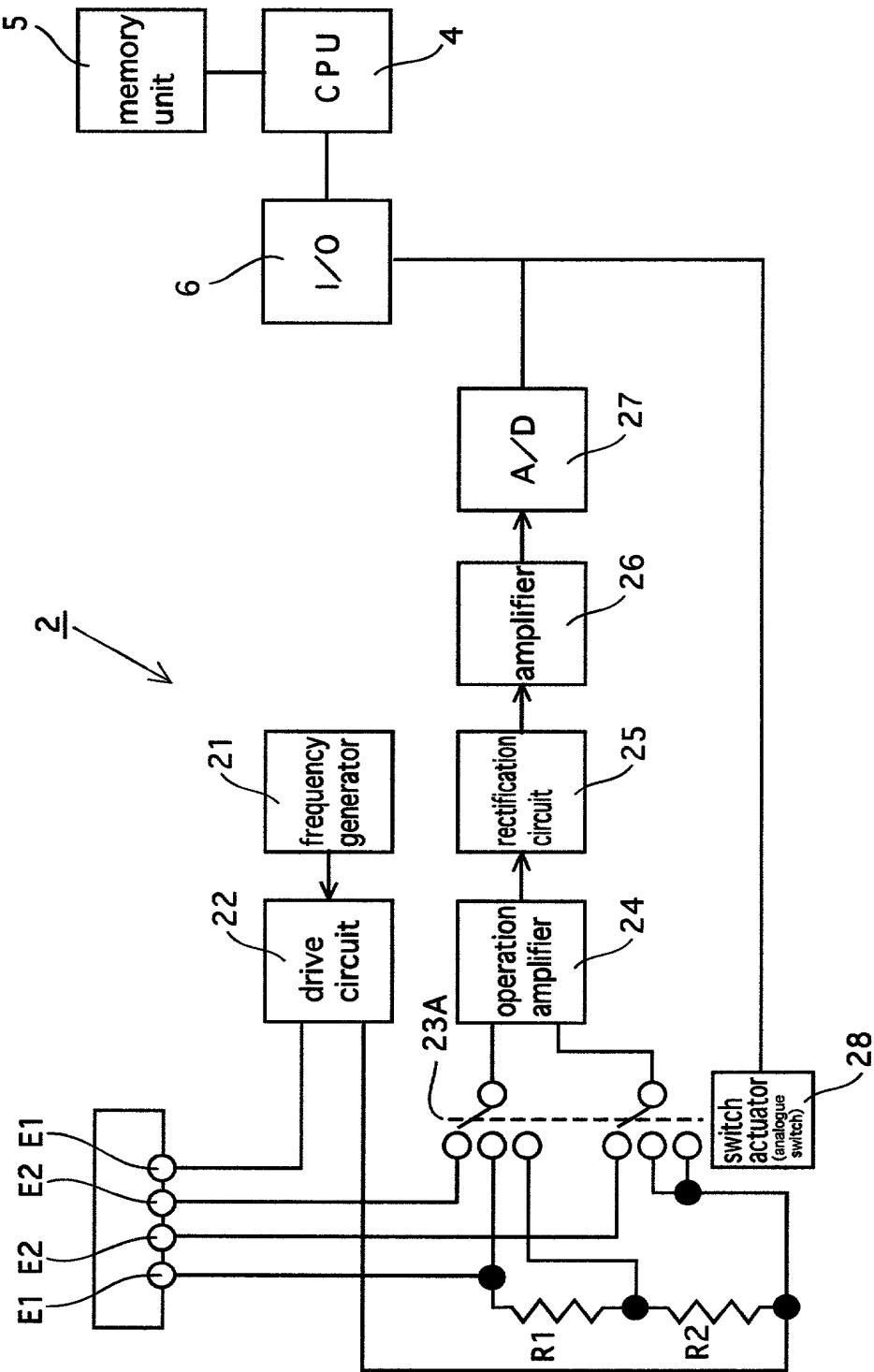
2  
4

Fig 2



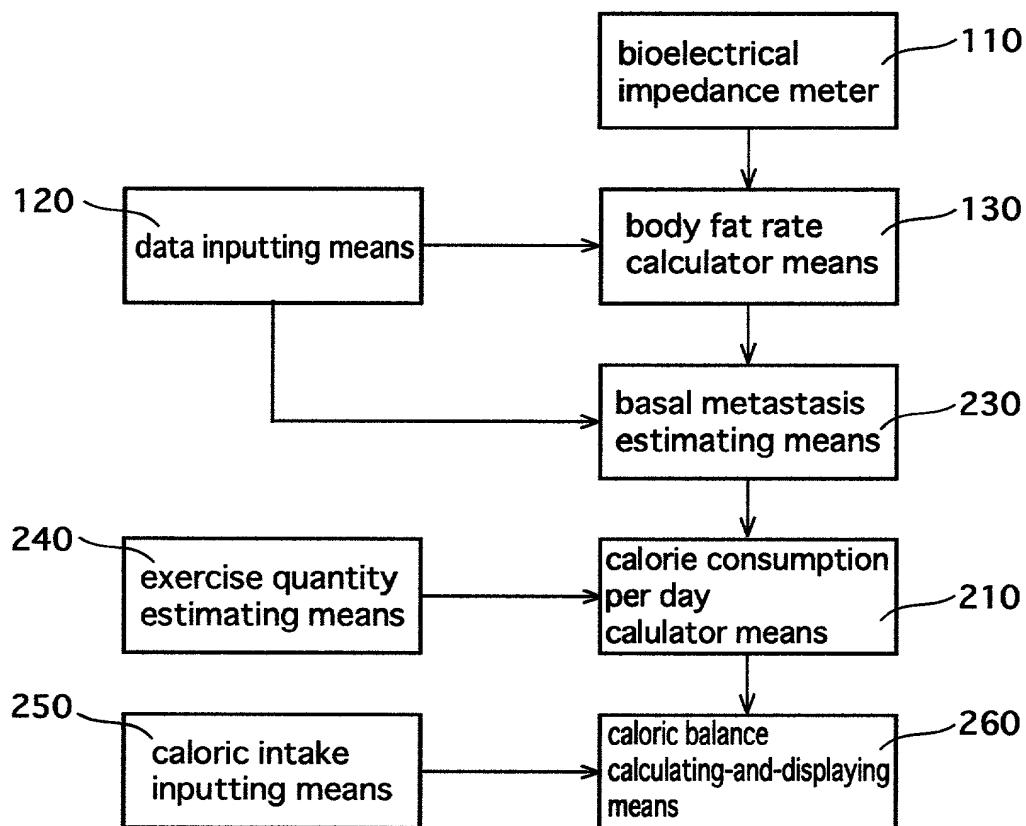
3  
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Fig 3



4/4

Fig 4



**COMBINED DECLARATION AND POWER OF ATTORNEY**

As a below named inventor, I hereby declare that:

This declaration is of the following type:

- original  
 design  
 supplemental  
 national stage of PCT  
 divisional  
 continuation  
 continuation-in-part (CIP)

My residence, post office address and citizenship are as stated next to my name.

I believe I am the original, first and sole inventor (if only one name is listed below) or an original, first and joint inventor (if plural names are listed below) of the subject matter which is claimed for and for which a patent is sought on the invention entitled:

**Apparatus for Managing the Quantity of Exercising to Be Healthy**

the specification of which

- is attached hereto  
 was filed on \_\_\_\_\_, as  
Application No. \_\_\_\_\_  
and was amended on \_\_\_\_\_  
(if applicable)  
 was described and claimed in PCT International application  
No. PCT/JP99/06913 filed on 9 December 1999  
and as amended under PCT Article 19 on \_\_\_\_\_  
(if any).

I hereby state that I have reviewed and understand the contents of the above identified specification, including the claims, as amended by any Amendment referred to above.

I acknowledge duty to disclose information which is material to patentability as defined in Title 37, Code of Federal Regulations, Sec. 1.56.

- In compliance with this duty there is attached an information disclosure statement 37 CFR 1.97.

I hereby claim foreign priority benefits under Title 35, United States Code, Sec. 119, of any foreign application(s) for patent or inventor's certificate listed below and have also identified below any foreign application for patent or inventor's certificate having a filing date before that of the application on which priority is claimed:

- no such applications have been filed  
 such applications have been filed as follows.

Prior Foreign Application(s)

|                    |              |                       |                                     |                          |
|--------------------|--------------|-----------------------|-------------------------------------|--------------------------|
| <u>PH11-243421</u> | <u>JAPAN</u> | <u>30 August 1999</u> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| (Number)           | (Country)    | (D/M/Y filed)         | Yes                                 | No                       |

|          |           |               |                          |                          |
|----------|-----------|---------------|--------------------------|--------------------------|
| <u></u>  | <u></u>   | <u></u>       | <input type="checkbox"/> | <input type="checkbox"/> |
| (Number) | (Country) | (D/M/Y filed) | Yes                      | No                       |

I hereby claim the benefit under Title 35, United States Code, § 119(e) of any United States provisional application(s) listed below:

|                            |                      |                                       |
|----------------------------|----------------------|---------------------------------------|
| <u>(Appln. Serial No.)</u> | <u>(Filing Date)</u> | <u>(patented, pending, abandoned)</u> |
|----------------------------|----------------------|---------------------------------------|

|                            |                      |                                       |
|----------------------------|----------------------|---------------------------------------|
| <u>(Appln. Serial No.)</u> | <u>(Filing Date)</u> | <u>(patented, pending, abandoned)</u> |
|----------------------------|----------------------|---------------------------------------|

I hereby claim the benefit under Title 35, United States Code, Sec. 120 of any United States application(s) listed below, and insofar as the subject matter of each of the claims of this application is not disclosed in the prior United States application in the manner provided by the first paragraph of Title 35, United States Code, Sec. 112, I acknowledge the duty to disclose all information known to be material to patentability as defined in Title 37, Code of Federal Regulations, Sec. 1.56 which became available between the filing date of the prior application and the national or PCT international filing date of this application:

**POWER OF ATTORNEY:** As a named inventor, I hereby appoint the following attorney(s) and/or agents to prosecute this application and transact all business in the Patent and Trademark Office connected therewith.

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I hereby declare all statements made herein of my own knowledge are true and that all statements made on information and belief are believed to be true; and further that these statements were made with knowledge that willful false statements and the like so made are punishable by fine or imprisonment, or both, under Section 1001 of Title 18 of the United States Code and that such willful false statements may jeopardize the validity of the application or any patent issued thereon.

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